



SENIOR HAPPY'NINGS

JANUARY/FEBRUARY 2018

27 BROOK ST
SCITUATE, MA 02066
781-545-8722



Mission of the Scituate Council on Aging

The mission of the Scituate Council on Aging is to identify the unique needs and interests of our senior citizens and implement programs that will enhance the quality of life, independence and physical and emotional well-being of a growing aging community.

COA STAFF

Director - Linda Hayes, x15
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Administrative Assistant
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Transportation Coordinator
Jean Sullivan, x17
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Outreach Coordinator
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Activities & Volunteer Coordinator
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Manager of Social Services
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COA BOARD

John D. Miller, Chair
Dr. Gordon Price, Vice
Janice Lindblom, Secretary
Caitlyn Coyle,
Lucille Sorrentino,
Helen Jablonski,
Leslie James, Henry Yeh,
Janice Desmond

Selectman Liaison
John Danehey

From the Director -

Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world. - Desmond Tutu

Happy New Year to you all! This has been a fast year and a full year at the Senior Center! I want to begin by thanking our staff here at the Senior Center who work so hard to bring you programs you enjoy, a setting that makes you comfortable, answers to your questions, resolutions to your problems, something to look forward to and memories to look back at. I would also like to acknowledge the many other town employees and individuals who contribute to making the Senior Center a place that informs, comforts and inspires our visitors. Thank you to the Facilities staff that keeps us warm, clean and hazard-free. Thank you to the Police, Fire, Veterans, Assessors, and Health departments for their contributions to our programs and services—keeping us and our seniors up-to-date on what the Town of Scituate offers to their older residents. Thank you to the IT, Accounting and Treasurer's offices for keeping us running and troubleshooting our problems. Thank you to our COA Board of Directors for continuing to advise and advocate for the needs of our town residents and the Senior Center as we move closer to a new facility; and thank you to the Friends of Scituate Seniors who participate in our programs and work hard to broaden our reach in the community through their events raising money and awareness; and of course our many volunteers—we couldn't do it without all of you!

I am beginning the new year myself full of the joy of the season and optimism for what lies ahead. We have lost some people recently, and as hard as that is for us it is always a bittersweet reminder to appreciate the time we are given and those people around us who make us grateful—and to tell them. We all have our gifts, and I am so thankful for those who are sharing theirs with us. We are on our way—now is the time to BE a part of the Senior Center and help us become a community asset to the Town of Scituate.

Thank you all and Best Wishes for this new year! ♥ Linda



SENIOR CENTER

Hours of Operation:

Monday - Thursday
8:30 AM - 4:30 PM

Friday 8:30AM - 3:00PM



"SHAKE YOUR SOUL"

Let's Get Moving!

Jan 11—Feb 1

Thursdays, 10-11:00am

A Dance/Movement Wellness Program for Seniors

Facilitator, Kaitlyn Mazzilli, Registered Dance/Movement Therapist

Enjoy moving to music you love in the company of others without the pressure of memorizing fast or complicated sequences! No prior dance experience needed. Come as you are and do what you can. Adaptations can be made for all levels of movement and chairs/wheelchairs are welcome. Grant funded and presented by South Shore Conservatory of Music. Program limited to 15. Please sign up if interested. 545-8722

Trips —live & learn!

Sunday, Jan 21: **Robert Frost: Light & Dark @** First Parish Hall, next to The James Library, Norwell. Depart COA @ 2:10PM for 3pm event. **\$3 van ride. FREE tickets**— first come first serve. Call to reserve before the tickets are gone.

Sat. Jan 27: **Orchid Show on Cape Cod**, Barnstable, MA **VAN DRIVER TO BE ANNOUNCED!** Van ride is being paid for by one of our members. Please sign up if interested. Admission price **\$8 pp if 10 people sign up and pay.** **NO REFUNDS . NO EXCEPTIONS**, even for poor weather conditions. Depart COA 10AM

Fri, Feb 16: **10:00AM- Fuller Craft Museum**, Brockton Arrive COA @ 9:00AM. Return to Scituate approx. 2:00PM \$12 includes ticket and van ride.

So.Shore Conservatory **FREE Coffee Break Concert Series**

Tues, Feb 27: **“Elan Mehler Trio” Concert**, Ellison Center for the Arts. 11AM concert. Depart COA @ 9:45AM. Free Concert. **\$3 van ride.** Call to reserve 545-8722

Even if you plan to drive yourself, call for reservation!

COA VAN TRIPS - PAYMENT IS DUE at SIGN UP

FRI, MARCH 16th— 9AM —3PM...TAKE A LUXURY COACH to the BOSTON FLOWER & GARDEN SHOW at Seaport World Trade Center, SIGN UP and PAY early to guarantee your spot. Limit to 55. **\$30 includes admittance ticket and transportation.** ARRIVE @ 9am to Harbor Community Building, 44 Jericho Rd. Bus departure at 9:15am . Return to Scituate at 3:15pm. **Payment is required within 3 days of sign up to reserve your spot on this trip.**

ATTENTION ALL TICKETED ACTIVITIES and TRIPS: Scituate residents 60 and older will be given priority. You may sign up for yourself and one other person. We will keep a waitlist for each trip. If you need to cancel your reservation, your money will only be refunded if your place can be filled from the waiting list. Often times, we are able to offer a trip to people on the waitlist. Any cancellations should be made as soon as possible, so that people on the waitlist have ample time to plan. **PAYMENT MUST BE MADE W/IN 3 DAYS of SIGN UP...otherwise WE WILL SKIP YOU AND GO TO THE WAITLIST.**

Transportation —local & out-of-town



SNOW POLICY: if all schools in Scituate are closed due to inclement weather, then all classes at the Senior Center will be cancelled and the vans will not be running for any purpose. If your pathway to the van is not cleared to allow safe passage, the Driver will not pick you up.



10 Ride Pass for \$10.00 = \$1.00 each way
Cash = \$1.25 each way/ \$2.50 round trip
Out of Town = \$5.00 EACH WAY
Monthly \$25.00 includes Local and Out of Town

Transportation Coordinator
Jean Sullivan will schedule your requests for COA van transportation in Scituate or Out-of-Town Medical Rides and any questions about rides at 781-545-8722, ext. 17

Medical rides OUT OF Scituate provided Monday– Friday between 10:30am—1:30pm. Rides require 5 days’ notice! *Provided by South Shore Community Action Council.*

Medical rides WITHIN Scituate require 2 or more days’ notice. Monday, Wednesday, Friday between 8:00am-3:00pm. Tuesdays 12noon—4:00pm

Non-Medical local rides WITHIN Scituate—require at least 2 days’ notice. *Local rides include appointments to doctors, the Senior Center for activities, library, shopping, hair dresser, etc. Our van runs on the same schedule as Council on Aging hours.*

American Cancer Society provides medical appointment transportation for persons receiving cancer treatments. Call 508-897-4300

Regular scheduled trips:

TUESDAYS: SHAWS SUPERMARKET - 9:00 – 9:45 AM

WEDNESDAYS: (2nd & 4th Wed of the Month)
HANOVER MALL / TRADER JOES/DOLLAR TREE - 10:00 – 11:30 AM

THURSDAYS
SCITUATE HARBOR - 9:00 - 10:00 AM
CONGREGATIONAL CHURCH LUNCH—12:00 – 1:00PM

When making medical appointments, we will need your appointment date, time, doctor’s name, address and telephone number.

Please advise the doctor’s office that the Council on Aging will be providing your transportation. When possible, please try to determine the length of your appointment for scheduling the return trip.

VOLUNTEER DRIVERS NEEDED

Drivers needed occasionally to escort some of our seniors to and from doctor appointments. If you can help us, please call Jean at 781-545-8722 x17.



Discount Senior MBTA Cards

can be applied for or renewed by mail (or e-mail) with a new photo—call Jill, x10. Photos can be taken at the Senior Center and sent electronically to GATRA. Your MBTA card will be mailed to you.

Programs, Special Events, Speakers

Call 781-545-8722
to register

M o r n i n g C a f é T a l k s

Information, social opportunity, and refreshments.

Wed, Jan 17 @ 10:30

Valentine Card Making Workshop

Linda Felix, North River Home Care

There will be stencils, cutouts and stickers to make your own personal Valentines Day card for your loved one. Everyone will make a couple of cards with envelopes by the end of the class. Be sure to sign-up and reserve your spot, the limit is 12 people. If you have a few supplies at home, please bring them for you or to share!

Wed, Feb 28 @ 10:30 AM

“Put your Best Fork Forward”

Presented by Emily McPhee, Registered Dietician

South Shore Hospital's Outpatient Clinic

Heart Healthy Eating does not have to be difficult or boring. At this presentation you will learn the principles of a heart healthy diet, and tips for making small changes to better your overall health. We will take a closer look at dietary fats, added sugar, and fiber. You will get ideas for easy meals, and tricks for quick healthy recipes. Participants will gain a better understanding of how they can take charge to help prevent heart disease.

Wed, Feb 14 @ 10:00 AM

Ladies Breakfast Club

w/ “TED”



What is TED? Come and learn about TEDTalks...Ideas Worth Spreading. Light breakfast, listen, and talk.

\$5

Be the first to join the group!
Sign-up at 545-8722.

Café Talks will be cancelled for lack of sign-ups, so please call to let us know that you plan on attending.

Valentine Crafts with kids



Tues. 3:45-5:15pm
February 13

Come join our Early Elementary **Best Buddies** Group for Valentine's Activities! The **Scituate CORSE Foundation** works with Scituate Public Schools to provide Best Buddies programs throughout the district, from Kindergarten through High School! Best Buddies enhances a caring, compassionate and social school community that encourages peer to peer support and acceptance of differences. Best Buddies provides peer buddy and training opportunities along with many field trips and social activities for ALL students to participate - those with and without special needs! We invite you to join us at Wampatuck School, Room 26.

Projects for a Purpose

@ The Senior Center

Thursdays, 3:30-4:30

Jan 11, Feb 8, Mar 8,

Apr 12, May 10

Please join this intergenerational group—**SENIORS and SCOUTS!**



Let's make someone's day!

Join us for this lighthearted workshop to produce something for others. Enjoy socializing and working together with young school-age children on projects to **donate** to the needy or confined. Fleece blankets, flower arrangements, Valentines, potted plants, letters to Veterans. **FREE!** Funded by **12Womencare**. Led by Lisa Thornton and Debbie Carlino. This group will meet once a month for 5 months. For questions or to reserve a space in this group—Call Lisa: 781-545-8722, x12 or lthornton@scituatema.gov

TUESDAY MEN'S BREAKFAST

Please Call to RSVP @ 781-545-8722



MEN'S GROUP

JANUARY- No Men's Breakfast - HAPPY NEW YEAR!

9:00AM, February 6— Tom Hall, Scituate Author — “Tower Talk”— Lawson Tower!

A full breakfast will be served at The North River Grille @ Widow's Walk Golf Pub. \$8/pp. **Come and connect— socializing is a key to good health**, as well as a delicious breakfast! Weather permitting, we will take a ride to Lawson Tower OR Cudworth House for an on-site tour. You will get a tour inside the tower—a sight that most people do not get to see!

Tom Hall, Scituate Author (and Shipwreck Diver) will be taking us around town (on land), quarterly in 2018 to visit our many historically rich sites, such as The Lawson Tower, Cudworth House, Grist Mill and Scituate Lighthouse. *Why not invite a friend from another town to share our local secrets!* Tentatively planned for Men's Breakfasts -April, July, October

Once a Month ... Support and Services

CAREGIVER SUPPORT GROUP (DAYTIME)

COA Support Group held in **SCITUATE**

3rd Wednesday at 12:00-1:00 PM for all caregivers at St. Mary's Parish Center, One Kent Street, **Scituate**. The group is led by experienced facilitators Laura Minier, LICSW, Manager of Social Services—Town of Scituate and Barbie Rugg, South Shore Elder Services. This is an open group but please call in advance, Laura Minier 781-378-1653

OTHER AREA SUPPORT GROUPS—MONTHLY

EVENING CAREGIVER DISCUSSION GROUPS

⇒ **First Wednesday** at 6:00-7:30 PM at Sunrise of Cohasset, 125 King St (Rte 3A). For information, call Bonnie Haley at 617-686-6173.

⇒ **First Thursday** at 6:00 PM at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

DAYTIME CAREGIVER DISCUSSION GROUPS

⇒ **First Tuesday** at 2:00-3:00PM at Duxbury Senior Center, 10 Mayflower St, **Duxbury**. Donna Ciappina, LSW 781-934-5774 x5730

⇒ **Third Wednesday** at 10:30-12 Noon at Village at Proprietors Green, 10 Village Way, **Marshfield** 781-834-7885.

VISION SUPPORT GROUP

⇒ **Third Monday** at 10:00 AM @ **Hingham** Elder Services, 224 Central Street, Hingham. **Scituate COA will provide transportation to and from this event for our clients.** Call the Senior Center for more support group information.

BLOOD PRESSURE CHECK! **3rd Wednesday**

Town nurse, Eileen Scotti

@ the Senior Center monthly on Wed- 10:30-11:30 AM.

BP screening, B12 shots with prescription and can answer health questions—no appointment or co-pay!

FREE HEALTH SCREENING CLINICS: **Wed- 10:00 AM**

1st WEEK-Wheeler; 2nd WEEK-Central; 3rd WEEK-Senior Center; 4th WEEK-Lincoln; 5th WEEK =-Senior Center.

Screenings include: Blood pressure and vital sign assessment, blood sugar screening, B12, nutritional & health counseling, medication review and instruction.

PROFESSIONAL MEETINGS

Call the Front Desk or ask for Jill to book an appointment by calling 781-545-8722 ext. 10 for any of these professionals

LIFE INSURANCE REVIEW & LONG TERM CARE OPTIONS

2nd Friday

Are you concerned about your coverage? Is your life insurance policy still in place and is there a cash value? Are your beneficiaries up-to-date? Do you have adequate coverage? Meet with **Elaine Buonvicino, Independent Insurance Agent** to review your existing Life Insurance Policy (ies) or Long Term Care Policy. Complimentary appointments are available monthly between 9-11AM

ASK A LAWYER

3rd Friday

If you have a legal question, you can schedule a complimentary half-hour appointment with one of our attorneys volunteering monthly at the Scituate Senior Center. Elder Law Attorneys Holly Harris, Michael Loring, & Chris Sullivan rotate monthly to provide this service.

Call 781-545-8722 for a morning appointment.

MEET YOUR SENATOR

3rd Thursday

Sen. Patrick O'Connor

10:30-11:30AM

Take advantage of regular opportunity to talk with Sen. O'Connor or his District Coordinator, Lou Rizzo. They are open and interested in hearing what the constituents want or want to discuss. We make the coffee – you bring the talk!

MEET YOUR REPRESENTATIVE **4th Friday**

Rep. Jim Cantwell meets at the Senior Center each month. If you have questions or concerns to discuss, *please call to confirm the next date and schedule an appointment.* Meetings— approx. 30 mins.

FINANCIAL SERVICES

1st Monday

*Are you in the right investments for your stage of life? Do you need financial advice on trust, annuities, or financial planning? **Call the Senior Center to be referred for an appointment in their local Scituate offices.***

Lori Shea, Edward Jones Financial Advisor is available monthly for a FREE 30 min. appt.

Call for an appt.

Adrienne Rowles, Financial Advisor and Vice President of The Woerdeman Financial Group.

If you are looking for predictable income and safety of your investments, she is available for a FREE 30 min. appt.

DISCUSSION GROUP - “Women, Men & Wall Street”


Suspended. Please call Senior Center if interested.

SeniorsConnect

for Aging Mastery Graduates!

10-week Program for learning to use Apple iPad. Only a few spots open. Call Linda at 781-545-8722 to sign up.

January 2018

Mon	Tue	Wed	Thu	Fri
<div>1</div>  <div>Holiday</div>	<div>2</div> 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi	<div>3</div> 9:15 Zumba 9:45 Men's Yoga 12:30 Balance for Life 3:00 Quilting 4:00 Pickleball 6:00 Badminton	<div>4</div> 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting	<div>5</div> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga
<div>8</div> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 4:00 Pickleball	<div>9</div> 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi 2:30 Movie Series-The Crown	<div>10</div> 9:00 Mall 9:15 Zumba 9:45 Men's Yoga 12:30 Balance for Life 3:00 Tech Time 4:00 Pickleball 6:00 Badminton	<div>11</div> 10:00 Shake Your Soul 10:30 Multigenerational Yoga 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 3:30 Projects for a Purpose 5:30 COA Board Meeting	<div>12</div> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flx
<div>15</div> <div>Holiday</div>	<div>16</div> 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi 2:30 Movie Series-The Crown	<div>17</div> 9:15 Zumba 9:45 Men's Yoga/Chair Yoga 12:00 Caregivers Support 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 5:00 Feng Shui Supper Club 6:00 Badminton	<div>18</div> 10:00 Shake Your Soul 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting	<div>19</div> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga
<div>22</div> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	<div>23</div> 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:30 Tai Chi 1:00 Scrabble 2:30 Movie Series-The Crown	<div>24</div> 8:30 Yoga 9:00 Mall 9:15 Zumba 9:45 Men's Yoga/Chair Yoga 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton	<div>25</div> 10:00 Shake Your Soul 11:15 Balance for Life 11:30 Expressive Writing 1:00 Knitting 4:00 Art Class	<div>26</div> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 12:00 Friday Flx
<div>29</div> 8:30 Yoga 9:30 Joint Efforts 9:45 Chair Yoga 10:30 Book Club 11:15 Balance for Life 12:30 Art Class 4:00 Pickleball	<div>30</div> 9:00 Cardio 9:00 Shaws 10:30 Mah Jong 1:00 Scrabble 1:30 Tai Chi 2:30 Movie Series-The Crown	<div>31</div> 8:30 Yoga 9:15 Zumba 9:45 Mens Yoga/Chair Yoga 12:30 Balance for Life 1:00 Scituate History 4:00 Pickleball 6:00 Badminton	GOOD NEIGHBOR ENERGY FUND The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels. For Income eligibility guidelines for 2017-2018 please call Jenny @ 781-545-8722, Ext 14.	

Social Services & Outreach

Van transportation is available by calling the Senior Center at 781-545-8722. 48hrs ahead



MONDAY, WEDNESDAY & FRIDAY

12:00-1:00 PM @ Harbor United Methodist Church, First Parish Rd; \$3 sponsored by **South Shore Elder Services.**

Meals on Wheels program for home-bound or convalescing seniors Monday-Friday through SSES—Call 781-848-3910, x415 to inquire about this service.

THURSDAY, 12 NOON @ Congregational Church, 381 Country Way. This lunch is sponsored and served by dedicated church volunteers. Donations accepted. No Reservations.

Monthly Community Dinner No Reservations

4th SUNDAY, 5PM @ St. Luke's Episcopal Church,

This is a free, community dinner for all ages sponsored by various community groups..

The Scituate Food Pantry

Client hours:

Tuesday 10:00AM - 12:45PM, Thursdays 3:30-5:30PM

Food donation drop offs:

Tuesday 9AM to 1PM, Thursday 3PM to 6PM.

The Food Pantry is located in the lower level of the Masonic Hall at 344 Country Way. It is a valuable support service for all Scituate residents who qualify. If you would like to learn more about using its service, stop by at any time during the client hours.

TUESDAYS @ HOUSING AUTHORITY ~

Jenny Gerbis, Outreach Coordinator at the Senior Center spends 30-minutes every month at each of the Housing locations in their Common Room.

Stop by to say "hello" and see what information is available to you, or just have a chat.

January

1/2 10:30AM at Lincoln

1/9 10:30AM at Central

1/16 10:30AM at Wheeler I, 11:00AM Wheeler II

February

2/6 10:30AM at Lincoln

2/13 10:30AM at Central

2/20 10:30AM at Wheeler I, 11:00AM Wheeler II

SHINE—by APPOINTMENT

Serving the Health Information Needs of Everyone

Call for an appt. with SHINE Counselor, Norman Tetreault, volunteer at the Senior Center to discuss issues and concerns regarding your health insurance coverage. Please call to schedule an available time on the following dates. **NO PART D DRUG SEARCH APPTS.**

January: 1/4, 1/9, 1/18 and 1/25

February: 2/1, 2/6, 2/15 and 2/22

HELP! Medicare Open Enrollment ended - I still have a problem!

"My Medicare drug plan is too expensive! Can I still change my Plan?"

*If you have a **Medicare Advantage Plan**:*

between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. But, you can join a **Medicare Prescription Drug Plan** & a supplement or "**Medigap**" Plan.

*If you have **Prescription Advantage*** you can change your drug plan once/year.

*If you have "**Extra Help**"* to pay for prescription drugs or **MassHealth**, you can change every month.

"My new plan doesn't cover one of my medications!" You are entitled to a "transition supply" -- a one month (30-day) refill.

In the meantime, call your doctor to change medications. Use the new plan's drug formulary to choose a medication that is on the list...(or you could change plans. See above.)

"My generic medication is now a Tier 4 and costs a lot more!" Ask your doctor to contact the plan to request the previous Tier co-pay amount. (Or you could change plans. See above) Questions, please call 781-545-8722.

South Shore Community Action Council Fuel Assistance 2017-2018

The State/Federal Fuel Assistance Program, operated and administrated by South Shore Community Action has begun, and will run until April 30 2018. The program is open to the community and the Council on Aging is the agent for the town of Scituate. Call Jenny at 545-8722, x14 for an appt.

HOUSEHOLD SIZE	MAXIMUM GROSS ANNUAL INCOME
Family of 1	\$34,380
Family of 2	\$44,958
Family of 3	\$55,537
Family of 4	\$66,115

CIRCUIT BREAKER TAX CREDIT

This credit is a state tax credit for eligible Mass. residents age 65 or older who paid rent or real estate taxes during the tax year. Homeowners may claim the credit if they paid more than 10% of their total income for real estate taxes, including water and sewer. Renters can count 25% of their annual rental payments. If they exceed 10% of your total gross income you will qualify for the credit. If you did not file a State tax return in the past 3 years and you think you might have qualified for this credit, you can have a tax preparer file for this credit for those years. You will need your Water/Sewer and Real Estate Tax bills and gross income for every year that you want to file for. Same for renters, your total rent paid for each year and your total gross income for each year. You have to file a State Income Tax in order to receive this credit.

Age Well at the Senior Center—fun & learning!



"FRIDAY FLIX" @ Noon - FREE!

Comfortable viewing; closed caption & popcorn!

Jan 12: **Victoria and Abdul**, PG-13, 1hr, 52min, Drama

Jan 26: **Wonder Woman** PG-13, 2hr, 21min, Adventure/Action

Feb 9: **Love & Friendship**, PG-13, 1hr, 33min Drama/Romance

Feb 23: **Moonlight, R**, 1hr 50min, Drama

65" FLAT SCREEN TV & SURROUND SOUND

"MOVIE SERIES"

Tuesdays @ 2:30-4:30

The winter is a cozy time to stay inside & enjoy a movie, so why not try this award winning series!

THE CROWN

Season 1: Jan 9—
Feb 6

Season 2: Feb 13—
Mar 13

Each week we will
watch TWO—



GARDEN THERAPY



Tuesday @ 10:30

FEB 13th

Scituate Garden Club members will provide ideas, materials and instruction for creating a beautiful seasonal arrangement! Space limited! **Call to register!**

Lifelong Learning Class

Wednesdays 1—2:30pm

Tuition \$20

Jan 17 – Feb 21

Scituate's Transformation 1870-1940 w/ **Bob Jackman** will examine the changes that transpired as Scituate went from a rural farming and mowing town utilizing hand tools to an outer suburban extensively dependent upon machinery. We will draw extensively on documentation from compiled both within Scituate and at the state and federal level to trace patterns of change in employment, housing land management, education, and the redefinition of villages. We will also look at diaries to get a flavor of life during these years. At times the program will expand from a discussion of matters in Scituate to the wider views of the South Shore, state, and nation. Powerpoint slides and discussion among the group.

EXPRESSIVE WRITING

Thurs. 11:30—12:30pm

Drop in!

Jan 4 - March 15

Our facilitator, Liz Ennis and students keep coming back for another session of this fulfilling expressive writing class. We don't care about grammar or writing experience. We just care about what you have to say! *Connection and expression!* No fee.

Dine Out



Wednesday, Jan 17 @ 5:00pm

FENG SHUI (Cohasset) \$3 van ride

Call the Senior Center @ 545-8722 for reservation. Van available.

Wednesday, Feb 21 @ 5:00pm

TINKER'S SON (Norwell) \$3 van ride

Call the Senior Center @ 545-8722 for reservation. Van available.

"Scituate Stitchers"

Wednesdays

QUILTING GROUP

3:00-4:30pm

Meeting Dates— Jan 3, Feb 7, Mar 7, Apr 4, May 2, Jun 6
Join other quilters, experienced and beginners.
Bring a project or start a new one. Drop in or call to sign up 545-8722.



PAINTING CLASSES

Monday 12:30-3:30pm

Thursday 4:00-7:00pm

Ongoing @ Senior Center

\$10 class

Still life arrangements, demos, exercises, drawing skills, understanding color, mixing and watercolor application. Talented & long-time Instructor Joanne Papandrea.

Supply list available. Call for details @ 545-8722;

No class on 2nd Thursday of the month.

Classes resume January 22 and 25.



COA Book Club

Monthly on Monday

January 29 Still Life by Louise Perry

February 26 In a Dark Dark Wood by Ruth Ware

Led by facilitator Paul Di Bara



TECH TIME

Wed. 3:00-4:00pm

w/ Scituate High School students

Sign up to get 1-on-1 assistance with iPad or mobile/Smart phones. The Interact Club is a service-oriented club for SHS students in grades 9-12, experienced and ready to help you adapt to our new technology! **Jan 10, Feb 14**

Pathways Through Grief

Thursdays, 1:00—2:30PM

@ Harbor Community Building

March 15-April 19


Beacon Hospice is offering a support group for anyone experiencing grief and loss because of the death of a loved one. This grief support group will meet once a week, for 6 weeks. Meetings facilitated by Terri Henshaw, a licensed social worker, who is the bereavement coordinator for Beacon Hospice in Plymouth. This group will offer a safe and supportive place to share your experience of loss with others and move toward healing and hope in a confidential and supportive environment. **Pre-Register @ 781-545-8722 or 508-747-7222.**

Body & Brain Health at the Senior Center—fun & fitness!

Buried in Treasures **Wednesdays**
6:30-8:00PM
Clutter Reduction Support Group
 New Group starting
January 10th—April 25th, meeting weekly
 Learn more about how to manage the problem and find support among others who may have similar concerns. For more information, or to join the waitlist, please contact Laura Minier, LICSW, Manager of Social Services at (781) 378-1653.

MULTI GENERATIONAL Yoga **2nd Thursdays @ 10:30am**
 Join us for this lighthearted introductory yoga class with no age boundaries. From preschoolers to seniors we will stretch, practice balance and use breath work at various levels. Youngest ones will fly like airplanes while others may use a chair for support. We all become ageless for a few minutes during meditation. Afterwards enjoy some social time making new friends from all generations.
FREE! Generously funded by the **Scituate Education Foundation**.
 Led by Kim Spires. This group will meet once per month for 6 months, October 12 – March 8. Questions— call Kim: 781-545-2952. To reserve a space in this class, call 781-545-8722.
 Class held at **SCITUATE LIBRARY Community Room**.

EXERCISE & WELLNESS CLASSES—DAYTIME WEEKLY & BI-WEEKLY CLASSES

Monday		Tuesday		Wednesday		Thursday		Friday	
8:30 Floor Yoga	HCB	9:00 Cardio	SC	8:30 Floor Yoga	HCB			8:30 Floor Yoga	HCB
9:45 Chair Yoga	HCB			9:45 Men's Yoga	HCB	10:30 Multig Yoga Monthly	LIBR	9:45 Chair Yoga	HCB
9:30 Joint Efforts	SC			9:15 Zumba Gold	OGG	(2nd Thurs)		9:30 Joint Efforts	SC
11:15 Balance 4Life	HCB			9:45 Chair Yoga	HCB	11:15 Balance 4Life	HCB		
		1:30 Tai Chi	STM	12:30 Bal- ance for Life	HCB			Trail Walk will resume in Spring	
HCB = Harbor Community Building @ 44 Jericho Rd SC = Senior Center					STM = St. Mary's Parish Ctr OGG = Old Gates School Gym				

Teacher Vacations: NO 8:30 Floor Yoga or 9:45 Chair Yoga on Wed. 1/3 and 1/10. NO Balance Class on 2/14, 2/15

Floor Yoga: Anne/Elizabeth, \$10/12 Chair Yoga: w/ Anne/Elizabeth, \$5;
Men's Yoga: Anne, \$10/12.

Balance For Life: Stretch, strengthen & tone with Sue! Lots of fun!
 Fee increase to \$5 per class; \$8/2 classes; \$10/3 classes per week only*

Joint Efforts: Phyllis/Ann-Marie: Increase to \$3; \$5/2 classes per week*

Cardio: Chris, \$4. *We apologize for fee increases—Our grant funding has ended!

Zumba: Dance Exercise— fun & fitness,
 Pasqualina, \$5

Tai Chi: Improve balance with this 24
 week program. Can begin every 8 weeks.
 Call 545-8722, x15 for Week 1 start date.
 Linda; \$2 donation appreciated.

Bowling League
TUESDAYS
 9:30-11:30 AM
Satuit Bowlaway, Cole Pkwy
 Join for \$5 which includes
 End of Season Banquet;
 \$10/wk for lanes & shoes.

Pickleball @ Jenkins School
Mondays & Wednesdays, 4:00-6:00 PM
 Doubles; four courts; rotating play. Nets, beginner
 paddles and balls provided by the Senior Center.
 Instruction available. Help with setup/cleanup.
This is a volunteer-led Senior Center program.

Badminton
 Wednesdays, 6:00PM
 @ Jenkins School
 Drop-in!
All are welcome!


**SPORT
 Games**

BRAIN GAMES @ Senior Center—Challenge the mind & meet a new friend!

Mah Jong—TUESDAYS @ 10:30-12:30 This popular and lively game involves calculation and a little luck! Volunteer-
 led instruction. It is good for the brain and the smiles! Game tiles provided.

Scrabble & Cribbage—TUESDAYS @ 1:00-2:30PM

**CATHERINE MCGOWAN SENIOR CENTER
27 BROOK STREET
SCITUATE, MA 02066**

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Meetings for the **Council on Aging Board** are scheduled for the 2nd Thursday of the month at the Senior Center. These are public meetings & are videotaped to be played on Scituate Cable TV. The next meetings are: Jan 11 & Feb 8 at 5:30 pm.

COA Sand Buckets...for Safety

Sand Buckets available for seniors for winter doorway and walkway maintenance. Students from Interact Club will fill with sand and bring to your door! Call the 545-8722 if interested in a bucket. Sponsored by the Scituate Rotary.

WE ARE ON-LINE TOO!

You can read this newsletter on-line
BEFORE it comes in the mail.

Go to: Town website at scituatema.gov;
Department-Council on Aging, and
Newsletters.

ALSO, www.ourseiorcenter.com
Find: Scituate Council on Aging. You
can sign up with your e-mail and receive
notice when it is published (well before
mailing!).

“Like us” on **Facebook**:

Search **Scituate Council on Aging**
AND **TownofScituate** *Share to your
friends!*

Follow us on Twitter: **@ScituateCOA**.



Upcoming FOSS Fundraising Event:

Saturday, April 14, 5-8pm SPAGHETTI SUPPER @
Congregational Church.

Includes Salad, Spaghetti Dinner, Dessert!!! \$ TBA \$

All events support the Senior Center Building Fund

Consider joining the **Friends of Scituate Seniors** to lend your support to fundraising efforts for a new Senior Center. \$5/annual membership

The Friends' volunteer, 501(c)(3) non-profit organization is established to **raise funds for a new Scituate Senior Center** and to **assist the Scituate Council on Aging with financial support** for programs, material needs and events.

The events they sponsor champion the work of the Senior Center and together with the COA help to create new supporters in the community. Please send your name, address, phone and email address to FOSS at P.O. Box 75 N. Scituate, MA 02060.